



# STATE SILVER FIELD COACH COMPETENCIES

## COACHING FIELD PLAYERS

### RECEIVING PRINCIPLES WITH BALL

- Receiving being marked man on man (M2M)
- Receiving on both sides of your body leading forward
- Receiving 1-2 wall pass creating 2 v 1 overload
- Receiving Overhead Shot

### DISTRIBUTION PRINCIPLES WITH BALL

- Stick On Ball (SOB) - 1pm carry accuracy of your slap pass
- SOB - ball position 11am execution of 2 handed back hand pass
- SOB - deflections
- SOB - ball redirection
- Overhead - execution

### DEFENSIVE PRINCIPLES WITHOUT BALL

- General field play M2M 1v1 marking gaining possession
- IFIT to intercept pass transitioning from defense to offensive
- Circle defense protection of feet - not conceding PC

## **OFFENSIVE PRINCIPLES - ELIMINATION SKILLS WITH BALL**

- SOB 1pm carry - 1v1 elimination of defender to engage next line
- SOB 1pm carry to position defender to create space for pass

## **TEAM PLAY OFFENSIVE WITH BALL**

- Effectiveness out letting from our back third
- Effectiveness in the attacking front third

## **TEAM PLAY DEFENSIVE WITHOUT BALL**

- Effectiveness in our defensive back third

# **COACHING GOALKEEPERS**

## **PRINCIPLE OF MOVEMENT IN MAKING THE SAVE**

- Sliding
- Diving

## **PRINCIPLES OF 1V1**

- How do you rate your effectiveness 1v1s when the attacker goes glove side
- How do you rate your effectiveness when attacker turns and looks to spin either way